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EAGLE

JUNE 2015, Vol. 4 No. 3



2015 U.S. ARMY RESERVE BEST WARRIOR

BEGINS ON PAGE 4



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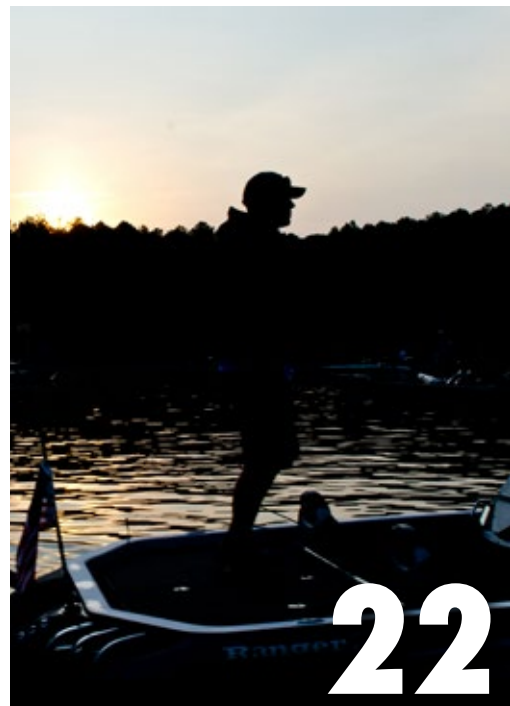
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COVER STORY:

Staff Sgt. Zachary Fink, representing the 807th Medical Command (Deployment Support), completes an obstacle at the "Little Nasty Nick" obstacle course at the 2015 U.S. Army Reserve Best Warrior Competition at Fort Bragg, N.C., May 6. Fink was named the U.S. Army Reserve Noncommissioned Officer of the Year while Spc. Bryce Parker, representing the U.S. Army Civil Affairs and Psychological Operations Command (Airborne), was named the Soldier of the Year. Fink and Parker will represent the Army Reserve in the Dept. of the Army Best Warrior competition in Oct. at Fort Lee, Va. (Photo by Timothy L. Hale/ U.S. Army Reserve)



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DOUBLE EAGLE





JUNE 2015 Vol. 4, No. 3

THE OFFICIAL PUBLICATION OF
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U.S. ARMY RESERVE COMMAND
PUBLIC AFFAIRS OFFICE,
FORT BRAGG, N.C.

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WINNER: 2012, 2013, 2014

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MAJ. GEN. KEITH L. WARE AWARD

HONORABLE MENTION: 2013



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Double Eagle back issues.**

A Pain in My Own Neck...and Arm

According to multiple online medical journals and websites, there are approximately 100 billion neurons resulting in 90,000 sensations in the human body.

How is it then, that I have been able to isolate the cervical nerves in my neck and the median and ulnar nerves in my right arm and put them under so much pressure that I need to undergo surgery to repair them?

Just dumb luck, I guess.

Actually, bad genetics (thanks mom for the osteoarthritis), and the physically demanding job of a photojournalist for more than 30 years has finally taken its toll on my body.

The saying goes that most journalists "know a little bit about a whole bunch of different topics" couldn't be more true in my case - especially in the case of human physiology.

After undergoing complete knee replacement in 2014 and now mentally preparing myself for arm and neck surgery, I've definitely learned more about human physiology and surgical procedures than your average pre-med student.

Most of us took some form of biology when we were in high school or college. Many of us hoped to pass without cutting on a frog or lizard or even paying that much attention in class. I actually enjoyed all of my science classes to include biology. But at the time, you never really understood how much some of those lessons you would need to recall later in life.

I mean, who knew when you sliced open that frog that one day you could watch a video on YouTube of a surgeon replacing a knee, fusing cervical vertebrae together or performing an endoscopic carpal tunnel or ulnar nerve release?


Today's surgical technology is so far advanced from the way we did it back then.

There was always that one student who sliced and diced his way through the frog like he was field dressing an elk, while everyone else delicately made their way through the assignment.

Hopefully, my surgeon will use the latter technique and take his time to get it right.

Yes, I have my reservations because I'm just not really crazy with anyone messing around with my internal wiring.

That being said, I was a little worried during the pre-op appointment when my surgeon said he goes elk hunting in South Dakota once a year.

Wonderful ... 



Timothy L. Hale
Editor

Timothy L. Hale, a U.S. Air Force veteran, is an award-winning photojournalist and editor of the USARC Double Eagle. He is member of a number of professional organizations to include: Nikon Professional Services, National Press Photographer's Association, and the North Carolina Press Photographer's Association. The views expressed in this column are expressly his own and do not necessarily reflect those of the U.S. Army Reserve Command, the Department of the Army, and/or the Department of Defense.



“ARE
YOU
WITH
ME?”

FINK, PARKER NAMED 2015 U.S. ARMY RESERVE BEST WARRIOR

Story & photos by **BRIAN GODETTE**
U.S. Army Reserve Command

FORT BRAGG, N.C.- - Pain. Exhaustion. The element of surprise. Mental and physical obstacles.

At the 2015 U.S. Army Reserve Best Warrior Competition, held here, May 5-7, Sgt. Maj. Blaine Huston, U.S. Army Reserve Command G-3/5/7 had only one question for the Warriors.

“Are you with me?” said Huston.

He cautioned them that pain, exhaustion, surprises and the mental and physical obstacles they were about to face were designed to push each of them to their limits.

By the time the week ended, only a few were left to ask, like Oliver Twist, “May I have some more?”

At the end of it all, this year’s Army Reserve Best Warrior winners, Staff Sgt. Andrew Fink from Cook, Minnesota, and Spc. Bryce Parker, from Marana, Arizona, gave it their all and then reached down within themselves and found even more.

Fink represented the 807th Medical Command (Deployment Support), while Parker represented the United States Civil Affairs and Psychological Operations Command (Airborne), in this year’s competition.

The smile on their faces as they accepted numerous coins, gifts, and awards from Lt. Gen. Jeffrey W. Talley, Chief of the Army Reserve, and

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ARMY RESERVE BEST WARRIORS

others, gave no hints to the grueling days that Fink and Parker experienced.

"This competition met and exceeded my expectations right from the start," said Parker. "It was grueling all day long, it just kept going, and going."

Fink was quick to acknowledge his fellow NCO Warriors who slogged it out with him during the week.

"What keeps going through my mind right now is how lucky I am," said Fink. "There are a lot of great competitors here."

Fink, who is a prior active duty combat medic

AND THE WINNERS ARE... Staff Sgt. Andrew Fink, left, a combat medic representing the 807th Medical Command (Deployment Support), and Spc. Bryce Parker, right, representing the U.S. Army Civil Affairs and Psychological Operations Command (Airborne), were named the 2015 U.S. Army Reserve Best Warrior noncommissioned officer and Soldier of the Year, respectively. Fink and Parker outlasted 34 other Best Warrior candidates during the competition held at Fort Bragg, N.C., May 4-7.

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BEST WARRIOR

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with the 3rd Battalion, 75th Ranger Regiment, credited some of his triumph to the lessons learned as an Army Ranger.

“In Ranger Battalion, you never quit anything you do, you always give your best, and that’s what I did here,” said Fink.

Fink and Parker will represent the Army Reserve at the Department of the Army Best Warrior Competition in Fort Lee Va., later this year, with aspirations to win it all like Army Reserve Sgt. 1st Class Jason Manella did two years prior.

“I’m glad I could be a part of this and uphold the standard, and carry this on to the Department of the Army Competition like Sgt. 1st Class Manella did,” said Parker.

However, the end of this year’s competition hardly dictated the path to glory these two Warriors took to win.

Thirty-six Warriors started the week. By the end, only 12 were left standing. It was Fink and Parker who outlasted them all

Setting the Stage

Huston set the stage on the first day – leaving no doubt in the Warriors’ minds on what was to come.

With the enthusiasm of a leader prepping his troops for

NIGHT MOVES. Sgt. Dee McMurdo, an observer controller, representing the 11th Battalion Observer Controller/Training, 84th Training Command, plots points on his map during the night land navigation event at the 2015 U.S. Army Reserve Best Warrior Competition at Fort Bragg, N.C., May 6.

a battle over the ridge, Huston energetically addressed the Warriors and their sponsors.

“This, has to be definitely in the top three most favorite things that fall under our umbrella, and that is those things that are training related, those things that are ‘Hooah’ related,” said Huston. “I’m able to get my Vitamin H out of this thing. Are you with me?”

The U.S. Army Reserve Command Best Warrior Competition pits the top Soldiers across the Army Reserve to compete for the title of best noncommissioned officer and best junior enlisted Soldier in the force.

“Out of roughly 200,000 Soldiers these competitors were singled out as being the very best, so that in itself, when the Soldiers leave this competition they should know they are 36 of the best Warriors the United States Army Reserve has,” said Sgt. Maj. Paul Klikas, U.S. Army Reserve Command G-37.

The Warriors and their sponsors, who were kept in the dark about the events and times, listened attentively as Huston gave his expectations about the competition.

“We’re here to get down, we’re here to get dirty, get dusty, get sore, and by the end of this thing we want to make sure that the very finest noncommissioned officer and Warrior in these groups will be selected as the winners and will then represent us very well by winning Department of the Army (Best Warrior),” said Huston.

The question that everyone in that auditorium pondered was, who would it be? But Huston made sure to share his praise on



the group as a whole, energizing them for the challenges ahead.

“In my eyes, you are probably the most positive and wonderful representation of everything that is wonderful about our United States Army and our nation,” said Huston. “Are you with me? This is red, white and blue right here y’all.”

Command Sgt. Maj. Luther

CONSTANTLY MOVING. Staff Sgt. James Smith, top, a drill sergeant assigned to the 95th Training Division, grades the push-up event of the Army Physical Fitness Test, May 5. Spc. Andrew Temple, bottom, a Human Intelligence Collector, representing the 378th Military Intelligence Battalion, Military Intelligence Readiness Command, competes in the 10km foot march, May 5.

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Thomas Jr., U.S. Army Reserve command sergeant major, shared Huston's sentiments later that evening at a no-host social.

"This has to be the most fit group I've seen since I've been in the Army Reserve, so I know this competition is going to be a great competition," said Thomas. "I believe there is a Department of the Army (Best Warrior) winner, in this group here, and the competition for it doesn't start in October, it starts here."

Although the Warriors and sponsors had no idea what events they were going to participate in, nevertheless the times they started, a rigorous and high tempo series of events were in place for the Warriors.

Keep 'Em Moving

That high tempo started the next morning with the Army Physical Fitness Test before the sun's alarm clock ever rang.

In the early morning darkness, Soldiers and civilians from the U.S. Army Reserve Command

headquarters, came out to cheer the Warriors on during the APFT.

With not much time to rest and recover, the Warriors completed a 10km foot march through woods and tank trails under the hot North Carolina sun. With no time to spare, they immediately moved into a litter carry stress march for nearly a mile carrying a 185 pound medical mannequin. That event was designed to increase their fatigue before moving on to the M4 rifle qualification.

"There is no time for coasting, and no time for loafing, you just have to give it your all," said Thomas.

Later that afternoon, the Warriors were given a mental and written challenge - testing them with a memorization scenario and essay. By the end of the day the number of Warriors dropped from 36 to 14.

Despite the remaining numbers, the tempo didn't slow. The next day, the Warriors again found themselves engaged during the midst of the morning darkness. Night land navigation turned into day



MENTAL CALISTHENICS. Spc. Robert Waggoner, a health care specialist representing the 412th Theatre Engineer Command reflects on his answers during the Keep In Memory Scenario and essay event.



INTO THE WOODS. Staff Sgt. Jordan Stubblefield, representing the 80th Training Command, follows his compass direction during the night into day land navigation event.

land navigation as the Warriors were graded on map reading and terrain orientation.

The old saying “we do more before 9 a.m. than most people do all day” was a slap-in-the-face, cold-hard fact for this year’s Warriors.

Land navigation was followed by a visit to the “Little Nasty Nick” obstacle course primarily used by the special operations forces on Fort Bragg. Mystery events followed the obstacle course where the Warriors were tested on chemical, biological, radiological, and nuclear procedures and Army Service Uniform deficiencies inspection.

By the final day, there were 12 Warriors remaining to prepare for the Command Sergeants Major board appearance.

Each Warrior prepped their Army Service Uniform and studied with their sponsors before knocking three times and waiting to be called into the room, one by one, before the board members.

But in the back of their minds, the eight NCOs and four junior enlisted Warriors knew, at the end of

day, their would only be two left.

“For as long as we’ve had a United States Army, we’ve had different degrees and levels of competitiveness,” said Klikas, “The Army Reserve Best Warrior competition exemplifies what that level of excellence should look like.”

Fink and Parker were the ones who endured the pain, fought beyond the exhaustion, faced the element of surprise, pushed through the mental and physical obstacles.

They answered Huston’s call of “Are you with me?” with a resounding, “Yes we are!” 🇺🇸

EDITOR’S NOTE: Also receiving awards were: Sgt. 1st Class Keith Johnson, from Manchester, New Hampshire, representing the 1st Battalion, Army Reserve Careers Division, and Spc. Adam Job, a medical laboratory specialist, representing the 4225th U.S. Army Hospital, Army Reserve Medical Command, were named as the runners up in their respective categories.

Chaplains: “It’s what we do.”

Story & photos by Staff Sgt. DANNY MCCORMICK
318th Press Camp Headquarters

FORT BRAGG, N.C. - Strains, fractures, cuts, and bruises require medical attention.

However, during a strenuous, multi-event competition such as Best Warrior, the participants often require more than just relief from physical ailments.

They may also require some form of mental stress relief.

The U.S. Army Reserve Command Chaplain Directorate provides not only religious support to the participants, cadre and support staff during the 2015 U.S. Army Reserve Best Warrior Competition held here, May 4 -7, but also kind words, encouragement and an ear to Soldiers in need.

“There will be a chaplain present at every major event to provide emotional, spiritual, and mental stress relief to anyone who needs it,” said Chaplain (Maj.) Raymond W. Leach, division chief, operations, plans and training.

“If they (the Warriors) are getting ready to take the APFT just seeing a chaplain or two hanging around is enough to give them some encouragement,” explained Leach.

Chaplain (Maj.) Rebekah Montgomery also gave encouragement during the Army Physical Fitness Test, May 5.

Montgomery laid a hand on every Warrior and



SPIRITUAL CHEERLEADING. Maj. Rebekah Montgomery, U.S. Army Reserve Command chaplain directorate, cheers for a warrior participating in the Foot March event of the 2015 U.S. Army Reserve Best Warrior Competition at Fort Bragg, N.C., May 5. This was the first year the entire chaplain's office participated at each event in the competition.

said a blessing for their well being. She was also present during the foot march event from the beginning until the end.

“Good job, Warrior! You got this,” Montgomery yelled as Warriors passed her on the route.

She also interacted with cadre and support staff, greeting them with a warm smile and kind words keep their spirits high.

When one of the Warriors finished the march and needed both medical attention and spiritual comfort, Montgomery jumped into action.

She comforted the Warrior as an intravenous solution for dehydration was administered.

Montgomery was then called upon to provide religious support to another Warrior who also had to receive treatment for dehydration.

“Our focus is to be at an event where there is a

pocket of Warriors waiting for the next event to begin, or having just completed an event,” said Leach.

This allows the chaplains to talk to the Warriors and lets them know the chaplains are available to and for them.

Leach refers to this as the “ministry of presence.”

“If someone comes to me with a religious problem that I can’t help them with, then I will find them someone who can,” he said.

What the Warriors competing in the Best Warrior Competition usually need, though, is just an encouraging word.

“We’re not here to get anything out of this for ourselves. We’re here for the Warriors,” Leach said.

A big smile spreads across his face as he added, “It’s what we do.” 🇺🇸

Platoon Sergeants: The Unsung Heroes

Story by Sgt. 1st Class **DEBORAH HARTMAN**
318th Press Camp Headquarters

FORT BRAGG, N.C. - Taking care of Soldiers. A thankless job. A demanding job. An exhausting job, but an extremely important part of the annual U.S. Army Reserve Best Warrior Competition.

This year at the Army Reserve Best Warrior, three platoon sergeants have been tasked with leading, transporting and caring for the competitors and sponsors involved in the contest. But they also have lives and duties outside of this four-day contest.

The Platoon Sergeants are the police of the Army Reserve Best Warrior. When not performing their duties at ARBWC they are taking care of Soldiers and Army operations in their full-time careers.

Master Sgt. Basheda Kelley,



FORWARD MARCH. Master Sgt. Paul Cox, right, from Morgan City, Louisiana, serves as the platoon sergeant for the junior enlisted Warriors during the 2015 Army Reserve Best Warrior Competition at Fort Bragg, N.C., May 4-8. The platoon sergeants ensure the Warriors are where they need to be and when they need to be there to keep the competition moving along. (U.S. Army photo by Sgt. 1st Class Michel Sauret)

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from Houston, Texas, is in charge of the noncommissioned officers. As an Active, Guard, and Reserve NCO, she works as the NCOIC of the U.S. Army Reserve Command Operations and Planning. She plays a key role in making and implementing decisions, controlling operations and assisting in the operations and planning process.

Master Sgt. Paul Cox Sr., also AGR, from Morgan City, Louisiana, takes care of the junior enlisted Soldiers. Cox modernizes the force to shape the future of the Army. Cox works with the United States Army Reserve Command at Fort Bragg, North Carolina with the Force Modernization Development Office.

Sergeant 1st Class Melissa Solomon, also AGR

from Milwaukee, Wisconsin, molds troops to become stronger. She trains Soldiers at the U.S. Army Physical Fitness School at Fort Jackson, South Carolina. At this year's BWC event, Solomon takes care of the sponsors. A sponsor is responsible for making sure their competitor has everything they need during the competition. In 2010, Solomon was selected as the Army Reserve Drill Sergeant of the Year at Fort Monroe, Virginia. Drill Sergeant competitors must perform and master all tasks in Basic Combat Training.

"We are literally the Soldiers' moms and pops during the entire Army Reserve Best Warrior process-waking them up and putting them to sleep," said Cox.

A WATCHFUL EYE. Sgt. 1st Class Melissa Solomon, from Milwaukee, Wis., is an instructor at the U.S. Army Physical Fitness School, Fort Jackson, S.C. Solomon served as the platoon sergeant for the Best Warrior sponsors at the 2015 U.S. Army Reserve Best Warrior competition at Fort Bragg, May 4-7. (Photo by Sgt. 1st Class Deborah Hartman//U.S. Army Reserve)





LAYING THE GROUNDWORK. Master Sgt. Basheda Kelley, from Houston, platoon sergeant for the noncommissioned officer Warriors at the 2015 Army Reserve Best Warrior Competition, briefs at Fort Bragg, N.C., May 4-8. This year's Best Warrior Competition will determine the top noncommissioned officer and junior enlisted Soldier who will represent the Army Reserve in the Department of the Army Best Warrior Competition later this year at Fort Lee, Va. (Photo by Sgt. 1st Class Michel Sauret/U.S. Army Reserve)

When the competitors and sponsors arrived for the competition, the three Platoon Sergeants met with them, gave them an overview of the competition, general information, and explained the process for both competitors and sponsors. They were told where their barracks are, what uniform they need to be in, emergency contact numbers and whatever phone numbers the Soldiers will need to know while they're here.

"The Platoon Sergeant is one of the most critical jobs for the Army Reserve Best Warrior Competition," said Cox. "They are the eyes and ears for the competitors. They provide information for movement and maintain accountability to add to the success of the entire Army Reserve Best Warrior Competition."

The platoon sergeants keep it all together to make the entire competition a success.

Kelley, Cox and Solomon are affecting the lives of the 36 Warriors in the competition on an individual basis.

Cox said, the one thing Warriors are not being given is a training schedule. They are told each day, or hour to hour on what they need to do and where they need to be."

There are also mystery events and the sponsors and competitors are told at the last minute what those events will be, Cox said. By keeping the event a mystery, no Soldier has an advantage over the next. This shows if each Warrior can handle the stress of dealing with last minute instructions and being able to adapt to any situation.

Even though the three platoon sergeants were tasked to perform this mission they were happy to do it. "It's an honor to see them (the Warriors) compete," said Solomon.

According to Cox, he would remind Soldiers who want to enter a future Army Reserve Best Warrior Competition that this is not easy. "Soldiers must make sure they are ready mentally, physically and emotionally." 🇺🇸



KEEPING A WATCHFUL EYE. Drill Sergeant Sgt. Dan Kernan, with the 2nd Battalion, 397th Regiment, 3rd Brigade, 95th Training Division (Initial Entry Training) keeps track of best warrior candidates during the 2015 U.S. Army Reserve Best Warrior Competition at Fort Bragg, N.C., May 5. Most of the events at this year's competition were conducted and graded by drill sergeants.

Drill Sergeants: Maintaining the Standard

Story & photos by Sgt. FELIX FIMBRES
USACAPOC (A)

FORT BRAGG, N.C. - When it comes to knowing, maintaining and enforcing the Army standards, drill sergeants are the experts.

When the Army Reserve Best Warrior Competition organizers wanted fair, strict, and knowledgeable graders for its event they knew exactly where to turn - the drill sergeants of the 2nd battalion of 397th Regiment from Lexington, Kentucky.

"My drill sergeants knowledge of the day-to-day use of warrior

tasks and battle drills is paramount," said Command Sgt. Maj. Thomas Sunley of the 2nd Battalion, 397th Regiment, 3rd Brigade, 95th Training Division (Initial Entry Training). "They also ensure everyone is not only trained the same but graded the same."

The drill sergeants are not only here for the duration of the competition, but they also arrived a week early to prepare for the events the competitors will have to complete.

The competition is a two-day marathon of back-to-back events with little down time and even less sleep. The drill sergeants are alongside them every step of the way, literally.

Staff Sgt. Daniel Saylor, a drill sergeant and veteran of two deployments while serving with the 82nd Airborne Division, kept track of each competitor on the 10-kilometer foot march on Fort Bragg.

"I like training Soldiers. I like

throwing weight on my back and going for a walk,” said Saylor.

The competitors, for their part, have stepped up their game because they knew the drill sergeants would be making sure competitors were staying sharp.

“I first heard that drill sergeants run the events at Best Warrior while I was competing at my division Best Warrior Competition months ago,” said Pfc. Issac Alfaro, 158th Aviation Regiment. “I pushed myself harder because of it for sure. I knew drill sergeants hold a high standard that you have to meet.”

The drill sergeants are enjoying not only the competition but also challenging the competitors and

helping them exceed the standard.

“It’s been neat seeing the best of the best from across the nation here at the same time,” said Staff Sgt. Cecil Williams. “I was very impressed with the first fellow who came in on his 2-mile run in around 11 minutes. That was extraordinary. They have all performed well.”

While the competitors will move on to the next level the drill sergeants will return home to friends and family.

They will stand ready and prepared for their next mission - weather it be turning civilians into Soldiers or ensuring the best of best maintain the Army standard. 🇺🇸



LOOKING FOR DISCREPANCIES. Drill Sergeant Sgt. 1st Class Adam Derrick ensures proper push-up form.



Dignity, Reverence, and Respect

Story & photos by BRIAN GODETTE
U.S. Army Reserve Command

FORT PICKETT, Va. - In Laurence Binyon's poem about remembrance, "For the Fallen" he writes, "They shall not grow old, as we that are left grow old. Age shall not weary them, nor the years condemn. At the going down of the sun and in the morning, We will remember them."



- *Mortuary Affairs Exercise 2015*

Within the U.S. Army, there is a small group of dedicated men and women who ensure that America's fallen sons and daughters are never forgotten and that they are treated with the utmost dignity, reverence, and respect.

These men and women are Mortuary Affairs Specialists.

For the first time in the history of Army Mortuary Affairs, five Army Reserve units and one active component unit, conducted a full-scale Mortuary Affairs Exercise, or MAX, here, May 23-June 6, 2015.

The 246th Quartermaster Mortuary Affairs Company and the 311th Quartermaster Mortuary Affairs Company, both from Puerto Rico; the 387th Quartermaster Mortuary Affairs Company from Los Angeles; 673rd Quartermaster Mortuary Affairs Company from Dover, Delaware, and the 1019th Quartermaster Mortuary Affairs Company from Staten Island, N.Y., joined the 54th Quartermaster Mortuary Affairs Company from nearby Fort Lee, Virginia, in the exercise.

"This is a mortuary affairs exercise focused on mortuary affairs

DIGNITY, REVERENCE, and RESPECT.

A transfer case (opposite page) draped in the American flag, sits in a tent at the theatre mortuary evacuation point where the simulated remains of a fallen Soldier are prepped for transportation while Soldiers from the 1019th Quartermaster Mortuary Affairs Company, (this page), salute the simulated remains of a fallen Soldier during the 2015 Mortuary Affairs Exercise at Fort Pickett, Va., May 29. The Mortuary Affairs Exercise is the first of its kind, bringing together five Army Reserve mortuary affairs units and one active duty mortuary affairs unit to train together and share their knowledge.

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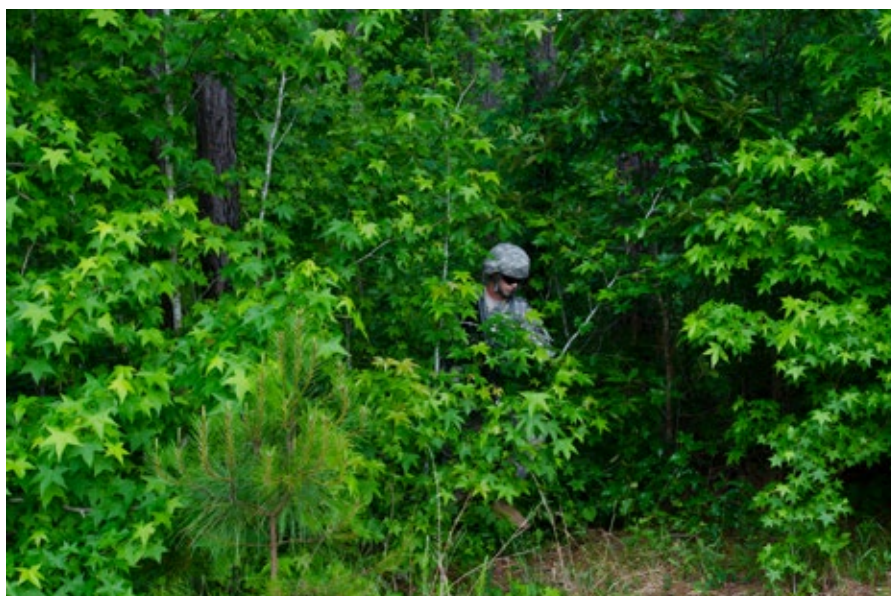
training for mortuary affairs specialists,” said Capt. Armando Pantajo, 246th commander and MAX theatre operations commander.

“It’s very exciting for the Soldiers because they are sharing their knowledge with other units and they are conducting all their duties in one specific exercise,” Pantajo said.

Simulating the Real-World

The mortuary affairs Soldiers experienced several simulated real-world scenarios which included search and recovery operations, setting up and running Mortuary Affairs Collection Points, and manning Theater Mortuary Evacuation Points. Every unit rotated through each of the scenarios to give everyone an opportunity to learn and grow.

“The goal was to make this more realistic to what the Soldiers would see in theater, as well as have them go through the tasks we are supposed to train in as



SEARCH AND RECOVERY. Soldiers (top) with the 387th Quartermaster Mortuary Affairs Company conduct simulated search and recovery operations by plotting search coordinates on a map. A 387th Soldier (center) pushes through the thick underbrush at Fort Pickett, Va. to look for a downed helicopter and crew. A 387th Soldier looks through the wreckage of the helicopter, searching for human remains.





Soldiers with the 54th Quartermaster Mortuary Affairs Company, conduct search and recovery operations on a downed helicopter.

mortuary affairs,” said 1st Lt. Alexander Ruiz, with the 246th and MAX planner.

Soldiers from the 387th received coordinates to help them find simulated remains in a search and recovery operation.

After mapping coordinates, they set out on their search.

Once they arrived on scene, the platoon-sized element started their search, diligently combing the area for any signs of remains.

Eventually, on top of a broken down tanker truck, they found the simulated, charred, skeletal remains of a fallen Soldier.

“It’s basically the same as real-life deployment situations,

with the exception of us using mannequins,” said Pantajo.

The 387th Soldiers reacted quickly, handling the remains with the utmost care, as observer/controllers from the 54th watched and evaluated.

“Training is very vital to this MOS (military occupational specialty) because you have to have it down pat,” said Sgt. Brita Peterman, 54th observer/controller.

While many of the younger Soldiers said they had not deployed, the exercise provided them and their more experienced counterparts, the opportunity to ask questions and get feedback on

ways to improve their skills.

Peterman, who has deployed twice, said that being an active duty Soldier and sharing her knowledge with the Army Reserve Soldiers gave her a sense of pride.

“They (Army Reserve Soldiers) just run with it,” Peterman said.

Soldiers from the 54th arrived at a collection point after working with Soldiers from the 311th to recover a fallen Soldier from a downed helicopter.

“Interfacing with the reserve units is paramount,” aid Staff Sgt. Ryan Deymonaz, a mortuary affairs specialist with the 54th. “Back to back deployments are extremely tough on families,

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extremely tough on individuals, so being able to share the combat load is amazing.”

Once at the collection point the Soldiers from the 54th transferred the remains to Soldiers from the 246th, who manned the Mobile Integrated Remains Collection System – a mobile, containerized processing unit which can process up to 20 remains per day.

“At the collection point we receive the remains, and when they get here we honor them with a small ceremony before they go into the administrative/ amnesty area,” said Sgt. Jose Soto, a mortuary affairs specialist with the 246th. “They check all the paper work which needs to be turned in and once that is confirmed, we move the remains into the processing area. In the processing area we take care of all the personal effects of the Soldier and prepare the body for movement.”

Once the remains leave the MACP, final

preparations are made at the theatre mortuary evacuation point where the remains are placed into a steel transfer case draped with an American flag.

From there, the transfer case is carried out to waiting transportation in a formal manner, as mortuary affairs Soldiers render crisp military salutes.

Team Effort

The MAX event wasn't all about mortuary affairs training.

Quite the contrary. Without communication, transportation, logistics, administrative support, engineers, and even food service, the mortuary affairs specialists would have a difficult time doing their jobs.

Mortuary affairs teams coordinated, via radio, with other teams at collection points, engineers handled emergencies when equipment failed, transportation and logistics planned and executed theater evacuation of remains, and the food service



PERSONAL EFFECTS. Soldiers with the 246th Quartermaster Mortuary Affairs Company, receive the simulated remains of a fallen Soldier at the mortuary affairs collection point and begin to itemize personal effects.

personnel kept everyone fed.

Just like any other large-scale military exercise, the MAX highlighted and tested the capabilities across a broad spectrum of military occupational specialties.

“If we are not here, the mission can not be completed,” said Spc. Joshua Cintron, an engineer with the 246th. “It’s not only about getting our fallen Soldiers home, but how they get them home. We support them.”

“When we train, it’s never this in depth, we don’t normally have the supplies to train like this at home,” said Spc. Devan Mistry, a mortuary affairs specialist with the 1019th. “Coming out here to this exercise really prepared me and put all of us on our ‘A’ game.”

Emotional Toll

While the training exercise was just that, training, the gravity of the job the Soldiers conduct in real life was always evident during each scenario.

“Dealing with the remains of fallen Soldiers, who wear the same uniform as me, is difficult, because sometime I feel like that can be me,” Soto said.

“It’s hard. Emotions run high sometimes,” Mistry added.

Many of the Soldiers expressed the importance of relying on their battle buddies for support.

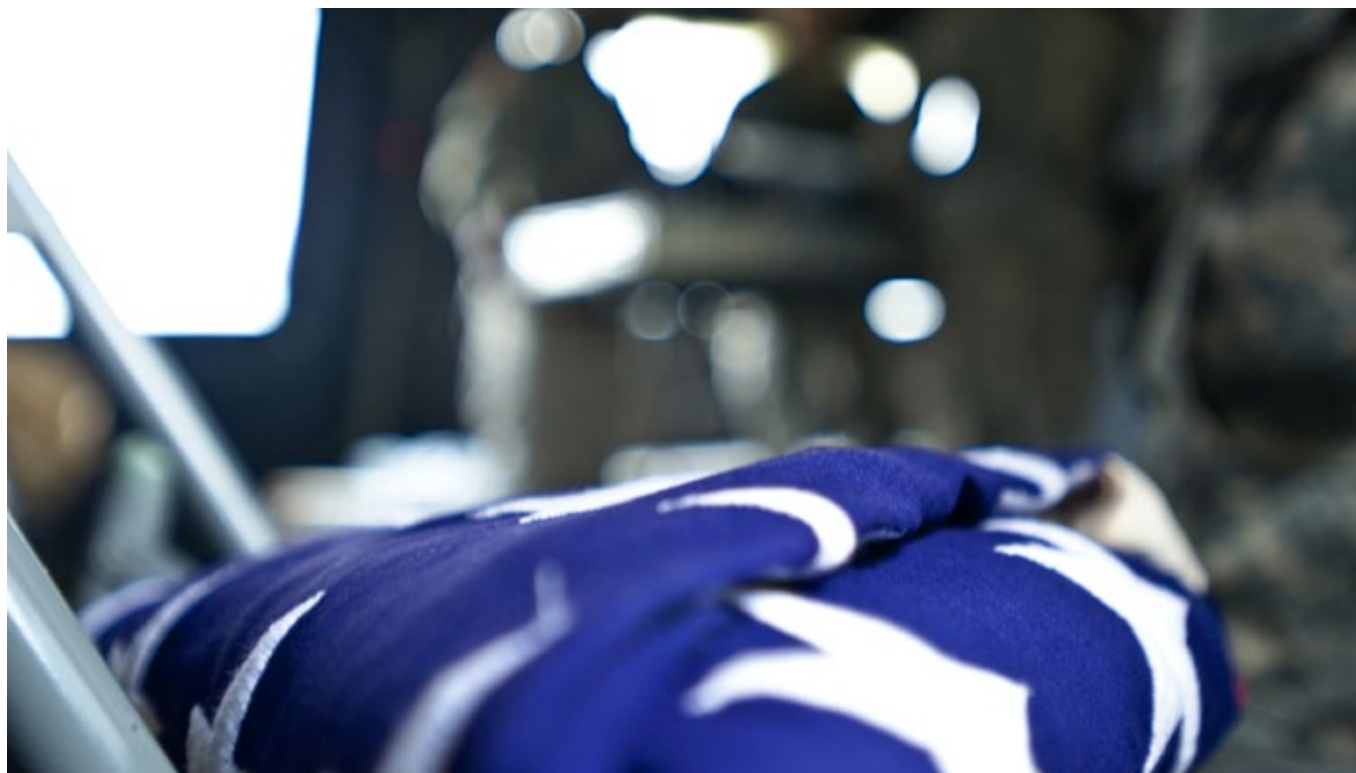
“The most challenging aspect of being a mortuary affairs specialist is teaching Soldiers how to deal with the emotions that come along with processing the remains, disassociating themselves with the struggles that come with the job,” Deymonaz said.

“Master and resiliency training, which we integrate every quarter, is key in coping with the stresses of the MOS, and in addition to that we receive support from the Chaplain and Combat Stress Support Team,” Pantajo said.

“We are providing service to those fallen heroes who gave the final sacrifice,” said Ruiz. “The goal is to make sure the Soldiers have good training so they can go back with the knowledge and expertise to implement that in the battlefield or any where in the world with dignity, reverence and respect.”

And like Binyon’s poem, these men and women, who have a difficult job, do so with a full understanding of what it means to the Families of the fallen.

“I try to focus on the idea that I am doing the best for a fallen hero that died fighting for our freedom,” Soto said. “Not everybody can do this type of job and someone has to do this. I love what I do, and it’s an honor for me to care of a fallen hero.” 🇺🇸



An American flag will be added to the transfer case of the simulated remains of a fallen Soldier as it would be in a real-world event.



Warriors on the Water



celebrates 10th anniversary

Story & photos by Brian Godette begins on page 24

WoW

from Pg. 23

UP BEFORE DAWN. A professional angler (this page) drifts by on his bass boat as the sun begins to rise over Jordan Lake State Recreation Area, May 15 at the 10th annual Warriors on the Water tournament.

A KEEPER. Sgt. 1st Class Brian Cutshall, left, (facing page), U.S. Army Reserve Command G-1, and his pro angler, Chad Hendrix, holds up one of his keeper bass during the tournament.

PITTSBORO, N.C. - WoW. The expression one might make when looking at 158 bass boats cast off as the rising sun's rays sparkle off the lake water.

Not the title of a popular online computer game where heroes like Leeroy Jenkins do battle, but the scene at New Hope boat ramp on Jordan Lake, here, during the 10th Annual Warriors on the Water Military Appreciation Bass Fishing Tournament May 15, 2015.

Warriors on the Water, better known as WoW to those involved, started with three military veterans, inspired by today's service members and their sacrifices, who wanted to create a unique way to show their appreciation and they did.

"Originally, we were only going to do this one time," said Hal Abshire, president and co-founder of Warriors on the Water.

A total of 48 Soldiers from Fort Bragg took to Jordan Lake for a day of fishing that first year, and unbeknown to them, marked the beginning of an era.

"We thought we were done with it, then two reporters asked me what we were going to do to make it bigger and better next year and that's exactly what I said we will do, make it bigger and better," Abshire said.

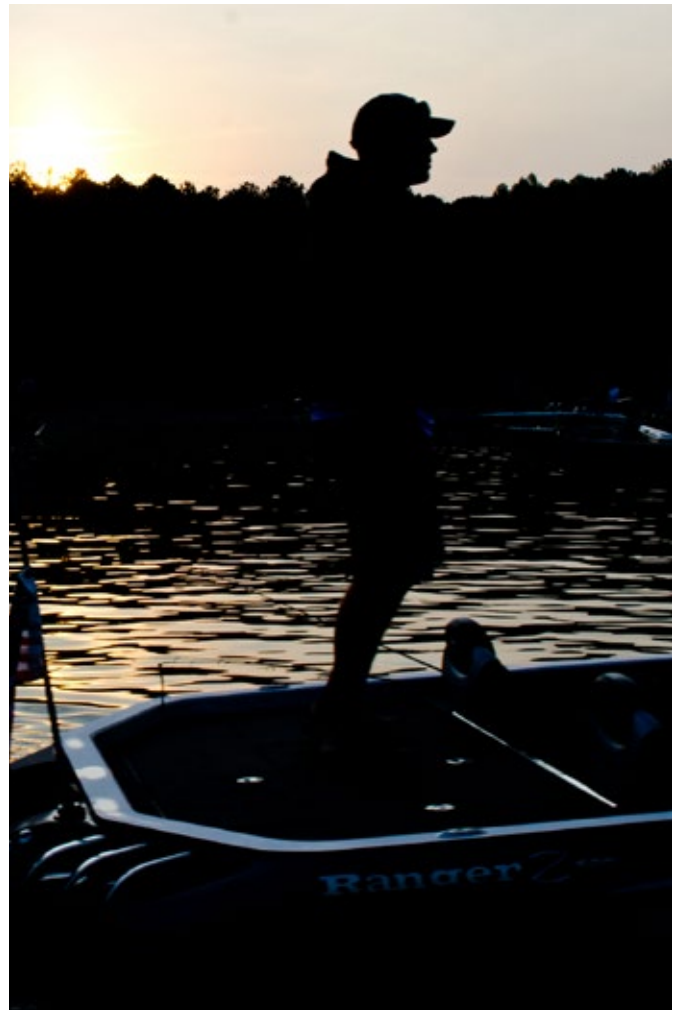
Where there is a will, there is a way.

"We didn't have any money, so I looked out across the lake, said to the other two guys [two other co-founders] we'll just make a plan, and that's what happened," Abshire said.

Years later, on it's tenth anniversary, WoW is bigger than ever.

"Just like the 'Field of Dreams,' I call this the water of dreams," Abshire said.

Over 1,700 boaters volunteer every year to take the military members out on the lake, teach them to



fish and compete for the coveted Big Bass Trophy. The boaters come from all over the United States and range in experience from weekend anglers to BASS & FLW Professional series members.

"We have national pros come in every year, and this year we got Hank Parker, a two-time Bass Masters Classic winner and to have him here is just awesome" Abshire said.

The smile on the faces of the service members as they got underway for the bass fishing competition spoke volumes of their appreciation to their anglers.

"This is big for the troops, but I'm going to be honest with you, it's even bigger for the fishermen themselves," Abshire said. "These fishermen know what it's really about, not money, not beating so and so, but taking their military member out and having a great time."

"I volunteered to just help these guys out take them out on the lake, maybe teach them a few things, and give them a day to relax," said William Lamb, volunteer boater.



Lamb did just that for his military member who shared the lake water with him.

"Today was an awesome day, I really enjoyed myself," said Master Sgt. John Penneman, U.S. Army Reserve Command G-33 operations.

"This is a new experience for me, being in a tournament like this and I want to thank my angler William Lamb for showing me a lot of things I didn't know and the Warriors on the Water organization for having this for us," Penneman said.

The day was so rewarding for Penneman that even though he and Lamb didn't catch any keepers, the plans to continue fishing in the future was an instantaneous response.

"I plan on buying my own boat real soon, and getting out here to do some more bass fishing," Penneman said.

As the participants came back in towards the end of the tournament and loaded their haul for the

day so it could be weighed in, everyone shared their experiences on the water with each other. Many of the sentiments were shared by all.

"It was a good opportunity to go out and just go fishing," said Maj. James Coffman, U.S. Army Reserve Command headquarters command. "I'm glad that the Warriors on the Water put on this event and I'm sure that every serviceman and woman here enjoyed it."

No boat on the water during the day looked just like another, nor did the individuals on those boats. No matter if they were Air Force, Army, Marine, Navy, semi-pro or professional, everyone came together.

"People have all different backgrounds that they come from, and this is just one thing that the community has put together for all people," said Coffman. "For some people this is their first time getting to fish and for others they do it a lot."

See **WoW**, Pg. 26



Master Sgt. Jose King, right, with the U.S. Army Reserve Command G-37, looks on at his catch for the day is weighed on stage.

The community officials at Jordan Lake, the sponsors, and volunteers added to the success of the event for the military members, and the effort didn't go unnoticed, especially by an Army Reserve Soldier like Coffman.

"It's a good opportunity to partner with the local community," said Coffman. "That's what the Reserve is all about, we are the community, but we are also Soldiers, and this is a great event we got to participate in."

The joyous event did have a bittersweet ending for Abshire. The 10th anniversary also marks the last year of his time with the military appreciation event, as he will be stepping down as president.

"Being a co-founder and working with this for as long as I have, everyone has become family," Abshire said.

That family spawned from a few individuals involved in WoW to an entire committee, consisting of veterans and community members.

"I've been allowed to be a part of a great committee, the best I've ever been on in my life, because they're all truly volunteers," Abshire said. "I let everyone know when they come on board that pride is not fattening, go ahead and swallow it."

The focus for Abshire since day one has always been about the military members, and on the lake, building friendships, fishing for bass, and appreciating time spent together, that focus has remained strong and will continue with Warriors on the Water.

"It's not about you, it's not about me, it's about our military members, and that's the way I want it to be," Abshire said. 🇺🇸



Sgt. 1st Class Brian Cutshall (left), U.S. Army Reserve Command G-1, and his pro angler, Chad Hendrix, are read their official weight of their bass by pro Bass Master Hank Parker (center).

BRING IT HOME:



Photo courtesy of USACarry.com via USARC Safety Office

GUN SAFETY IN YOUR HOME

Story By Chief Warrant Officer 5 KEN OLESINSKI
USARC Safety Office

Until October of 2014, the U.S. Army Reserve had successfully completed two full years without a privately owned firearms fatal accident. So far, 2015 has seen one Citizen-Soldier private firearm (handgun) fatality and one serious injury due to a neighbor's accidental discharge of a handgun.

Military doctrine for handling weapons states, "The first priority is always the safety of a Soldier" (FM 3-22-9 Rifle Marksmanship) and "Accept no unnecessary risk" (ATP 5-19 Risk Management).

The "Bring it Home" campaign challenges each of us carry the technical skills learned in the Army into our civilian (not in duty status) activities.

Many of the hazards faced in our civilian lives are the same as those successfully managed to acceptable risk levels while on duty. Regardless of the type of privately owned firearm, our military weapons skills can be applied in our civilian lives and thereby secure the safety of ourselves and our loved ones.

Below are four safety rules that will protect each one of us against the majority of firearms accidents.

- Keep your firearms locked-up and secure. The ATF's National Tracing Center listed over 190K weapons lost or stolen in 2012.
- All firearms are always loaded. (Even if they are not, treat them as if they are.)

- Never let the muzzle cover anything you are not willing to destroy. (For those who insist "this particular gun is unloaded," see Rule #2.)
- Keep your finger off the trigger until your sights are on the target. (This is the Golden Rule. Its violation is directly responsible for about 60 percent of all accidental discharges.)

Owning a firearm for self-defense or sport is something we hold as an important Second Amendment right. Even if you do not have a weapon in your home, Citizen-Soldiers should educate their family members about what to do when a gun is found. If you need to know more, (even if you don't own a gun) enroll in firearms safety training.

If you are located near large DOD Base, many MWR's have a gun club/range and offer weapon familiarization and safety classes. Additionally, there are many civilian vendors that offer a variety of weapons safety classes.

Gun Ownership requires great responsibility. This year's private firearms tragedies will never be forgotten by those involved and should not have occurred. You and your family must have zero tolerance for you own and others lack of discipline and/or proficiency with any firearm.

MANAGE THE OTHER 28 DAYS FOR LIFE! 🇺🇸

ARMY RESERVE **FACT:**

In October of 2014 the Army Reserve had been two full years without experiencing a privately owned firearms fatal accident. Only one month later, in November 2014, a 26-year-old mother was accidentally shot in the head by her 3-year-old who found a loaded handgun under the couch. In January 2015 a Citizen-Soldier was seriously injured when a private handgun was accidentally discharged in a neighboring apartment, the bullet penetrating the wall striking the sleeping Service member in the head.

DON'T LEAVE YOUR PROFESSIONAL DISCIPLINE BEHIND

ARE YOU PREPARED FOR A HURRICANE?

Story by **KATHRYN ANDERSON**
USARC Safety Office

The Atlantic hurricane season is from June through November. In the eastern Pacific, it is May 15 through Nov. 30. Are you prepared?

A hurricane is a type of tropical cyclone, which is a storm with strong winds rotating about a moving center of low atmospheric pressure.

Hurricane Stages

The Saffir-Simpson Hurricane Wind Scale is a 1 to 5 rating based on a hurricane's sustained wind speed. A Category 1 hurricane has the lowest wind speeds, while a Category 5 hurricane has the strongest. These are relative terms because lower category storms can sometimes inflict greater damage than higher category storms, depending upon where they strike and the particular hazards they bring. In fact, tropical storms can also produce significant damage and loss of life.

Hurricane Safety Tips

BEFORE A HURRICANE: Have a disaster plan and a pet plan ready. Before a storm threatens, contact your veterinarian or local humane society for information on preparing your pets for an emergency. Board up windows and bring in outdoor objects that could blow away. Make sure you know which county or parish you live in and know where all the evacuation routes are located. Prepare a disaster supplies kit for your home and car. Include a first aid kit, canned food and a can opener, bottled water, battery-operat-

ed radio, flashlight, protective clothing and written instructions on how to turn off electricity, gas, and water. Have a NOAA weather radio handy, with plenty of batteries, so you can listen to storm advisories. Have some cash handy also for following a hurricane, you may be temporarily unable to access your bank. Fill your car's gas tank full with gasoline.

DURING A HURRICANE: Stay away from low-lying and flood prone areas. Always stay indoors during a hurricane because strong winds will blow things around. Leave mobile homes and to go to a shelter. If your home is not on higher ground, go to a shelter. If emergency managers for your area say to evacuate, do so immediately.

AFTER A HURRICANE: Stay indoors until it is safe to come out. Check for injured or trapped people without putting yourself in danger. Watch out for flooding, which can happen after a hurricane. Do not attempt to drive in flooding water. Stay away from standing water; downed or underground power lines may have electrically charged the water. Do not drink tap water until officials say that it is safe to do so. Are you prepared? 🇺🇸

Be informed, Make a plan, Build a kit

Check out these websites for more information:

<http://www.osha.gov/SLTC/emergencypreparedness/>

<http://www.ready.gov/>

<http://www.redcross.org/prepare/location/home-family>

HURRICANE STAGES

TROPICAL WAVE	A low-pressure trough moving generally westward with the trade winds.
TROPICAL DISTURBANCE	An organized area of thunderstorms that usually forms in the tropics. Heavy rains and gusty winds accompany a tropical disturbance and they maintain their identity, typically, for 24 hours.
TROPICAL CYCLONE	A generic term for any organized low-pressure that develops over tropical and sometimes sub-tropical waters. Tropical depressions, tropical storms, and hurricanes are all examples of tropical cyclones.
TROPICAL DEPRESSION	A tropical cyclone in which the maximum sustained surface wind is 38 mph (33 knots) or less.
TROPICAL STORM	A tropical cyclone with maximum sustained surface winds that range from 39 to 73 mph (34 to 63 knots).
HURRICANE	A tropical cyclone with sustained heavy rains and gusty winds of at least 74 mph (64 knots).

A Reflection on Dad and Family

By CHAPLAIN (LT. COL.) RANDA JOHNSON

USARC Chaplain's Office, Director of Soldier and Family Ministry

Recently, a friend shared a devotional written by Greg Laurie. Pastor Laurie said: "My mom was married and divorced seven times. Thus, there were quite a few last names I could have chosen to take. But there was only one of those men who treated me as a father should treat a son: Oscar Felix Laurie. So I chose that name. When looking at the other options, it was the 'name above all other names.' Though he was not my biological father, he was in every other way my dad."

You've heard the expression 'Who's your daddy?' Well, the Bible says you have a choice of who your father will be. You can either be 'of your father the devil' (John 8:44) or you can choose the Heavenly Father.

2 Timothy 2:19 tells us, "The Lord knows those who are His." God sees what others may not. He knows those who bear His mark. In old days, if something belonged to a king, it carried his seal. In the same way, we carry God's seal: the Holy Spirit. 'He has identified us as His own by placing the Holy Spirit in our hearts as the first installment that guarantees everything He has promised us' (2 Corinthians 1:22 NLT)."

Pastor Laurie is right. We can blame others for our choices, but ultimately, we must wrestle with the choices we make. I grew-up with one brother, no sisters. My brother is six years older than I am. He was born on our father's 20th birthday. Needless to say, he received much more attention than I did. Usually, he got the new clothes and I got the hand-me-downs. You know the story.

Mom remained neutral with us boys, but dad could not help praising my brother for his accomplishments while mine remained subdued.

Don't get me wrong. I got recognition, but it was nothing compared to my older brother. Yes, it hurts when you are trying your best to be recognized for your efforts just to realize that you will never be able to meet the expectations of the one you are trying to impress.

Through the years, I learned there are more important things than trying to compete against others in order to get someone's attention. We've all done it, right? Peer pressure would be the easiest example. I saw it first! So, it's mine! Remember?

Once I got passed the childish things, I focused more on those things that really matter; like love, joy, peace, patience, kindness, goodness, gentleness, faithfulness, self-control, loyalty, duty, respect, selfless service, honor, integrity, personal courage. These priorities led me to a far more rewarding life than the greedy selfishness I once allowed to control me. When I chose to do right things, right things happened for me.

I just want to encourage you to honor your father on Father's Day. If you don't have a father, choose to honor that person who fills the void. A lot of kids are growing up without a dad. I am so thankful for a dad who not only was present, he truly supported me. In spite of the favoritism, I forgave him for that a long time ago. Dad is now 80 years old and I still love him. Share the love. Happy Father's Day! Twice the Citizen! Army Strong! 🇺🇸

FORSCOM/USARC Christian Bible Study

**U.S. Army Forces Command and U.S. Army Reserve Command
hosts a weekly Christian Bible study.**

**Studies are held each Tuesday,
starting at 11:30 a.m., Room 1901 near the USARC G-4.
Please come and share a time of
fellowship and worship with us.**

Acevedo, Cutwright are the Faces of USARC

NAME: Master Sgt. Dion Acevedo,
Army Reserve Watch Branch NCOIC,
USARC G-33 Operations

**HOW LONG HAVE YOU BEEN
ASSIGNED TO USARC?** I have been
here for 10 months.

**WHY DO YOU CONTINUE TO SERVE
IN THE ARMY RESERVE?** The Army
Reserve, and USARC specifically, is
one of the best organizations in the
world. I get to work in the Military
and civilian sector serving as Twice
the Citizen.

**TELL US ONE THING THAT MOST
PEOPLE DON'T KNOW ABOUT YOU
THAT YOU WANT THEM TO KNOW.**
I'm an active volunteer with my
church and the local firefighting
department.



NAME: Eddie Cutwright Jr., Army Re-
serve Watch Branch bridge operations
specialist, USARC G-33 Operations

**HOW LONG HAVE YOU BEEN
ASSIGNED TO USARC?** I have been
here since March 2011.

**WHY DO YOU CONTINUE TO SERVE
IN THE ARMY RESERVE?** You get the
best sides of both world's working
here. I retired in 2011 from active
duty, and as a Soldier you can some-
times get detached from the civilian
aspect, but here Military and civilian
work as one.

**TELL US ONE THING THAT MOST
PEOPLE DON'T KNOW ABOUT YOU
THAT YOU WANT THEM TO KNOW.**
I'm the coach of the Fort Bragg soft-
ball team and we've won two military
championships in the past years.



Balocki seeks input from public, private sector to share best practices

Story by Contributing Writer

LOS ANGELES - James B. Balocki, U.S. Army Reserve command executive officer and director of services and installation, issued an invitation for increased private sector dialog to more than 300 local and international professionals gathered here for the third annual Royal Institution of Chartered Surveyors (RICS) Summit of the Americas, April 22 - 24, 2015.

In his address to the summit, Balocki encouraged a reinvigoration of the innovation exchange between the public and private sectors to gain mutual effectiveness and efficiencies across the spectrum of real estate development and management, construction and infrastructure.

“Bring on your thoughts, your ideas, your best practices, your knowledge of pending and upcoming breakthroughs in technology, process and thinking,” Balocki said. “We want to hear them and our offices—and minds—are wide open to you.”

His challenge to the summit highlighted the role of the U.S. Army Reserve throughout our nation’s history and the importance of sharing ideas to broaden and enhance the capabilities of private and public sector’s often overlapping goals and objectives.

Balocki cited the United States’ World War II experience in emphasizing the benefits of mu-



James B. Balocki, U.S. Army Reserve command executive officer and director of services and installation, addressed the Royal Institution of Chartered Surveyors Summit of the Americas in April.

tual collaboration and cross-fertilization of similar operational and support functions. Balocki suggested some specific areas presenting tough challenges for the U.S. Army Reserve Command, which is ripe for private sector innovative ideas. These areas included the need to maintain some facilities in a ready-state for use should force expansions require them in a “warm base” strategy of potential dual use by private enterprise pending operational need by the USARC, which would reduce overall operating costs to the USARC. On the opposite end of the scale, he suggested another area for creative solutions from the

private sector is the need to retrofit, redesign, or expand currently oversubscribed facilities to make their use more efficient.

Balocki noted the need to gain significant cost efficiencies does not mean “taking a chain-saw to the infrastructure,” but requires “making [our facilities] more efficient, more productive and more capable” in meeting the USARC goals supporting the overall national security objectives. Achieving these aims, Balocki said, “will make our reserve units and capabilities more efficient, productive and relevant.” His message to the assembled professionals was clear. The Army Reserve and the Army needs private sector expertise, insights, creativity, and partner-oriented solutions to be “leaner, greener, and more efficient” without diminishing their established effectiveness.

“The real estate and construction industry, across the public and private sectors, has the expertise and creativity to respond to this challenge,” said Neil Shah, RICS America managing director. “RICS has a duty to help create market confidence and ultimately save taxpayer dollars by harnessing the brightest and the best of the industry. Whether it is portfolio management, leasing strategy or cost controls, our profession can deliver.” 🇺🇸

Becoming an Army Ranger Training Battalion Observer/Advisor

Story by Lt. Col. DEBBIE LIPSCOMB
83rd USARRTC

FORT McCOY, Wis. – The selection process to become an observer/advisor for the 6th Ranger Training Battalion, Camp James Rudder, Eglin Air Force Base, Florida, began November 2014 for Noncommissioned Officer Academy – McCoy Soldier, Sgt. 1st Class Elizabeth Bushen.

In order to qualify and support Army Ranger male and female candidates as an observer/advisor for the Army Ranger Training Battalion (ARTB), Bushen first had to endure the rigors of and be assessed on the Ranger Physical Assessment, land navigation, combat water survival, operations order, and a 12-mile road march carrying 35 lbs. Medical records and course performance review boards were also a crucial part of the process, and final selection was determined by the ARTB Commander and approved by the Infantry Commandant.

Prior to observers reporting to their designated camps, they reported in January 2015 to the ARTB for a second round of training. This included the Tactical Certification Course, Combat Life Saver training, Defensive Driver training, squad and platoon level tactics and techniques, and more recently executive communications training for large scale media complete with a recorded mock interview.

“Once we were received in Florida, camp specific training took place,” said Bushen. This included the Ranger Instructor

Training and Education Program (RITEP), Army Basic Instructor Course, three mock evaluations on graded leadership positions and successful completion of the RITEP exam prior to being considered instructor certified.

“During the first two cycles, we walked a day on/day off schedule that consisted of 30 hours on and 18 hours off for 10 days of field time that included time in the fields, hills, rivers, and swamps of Florida,” said Bushen. “We also had waterborne training that included river and sound crossings on the Zodiacs, river rope bridge crossings, along with snake and alligator training with the US Army Ranger Reptile Team.”

Observers advise the ARTB and assist with the assessment process and capture lessons learned from male and female Ranger candidates. They provide a perspective on matters specific

to female candidates in order to assist with potential gender specific concerns such as routine medical inspections, field sanitation, female hair, sexual harassment, and other not so common issues. Bushen successfully observed and advised on three all male Ranger classes, forwarded weekly reports, and conducted and forwarded occasional interviews to higher headquarters. Comments and recommendations were further forwarded to the Army Chief of Staff as a part of the decision making process to decide on whether to open the field to women or continue to keep it closed for now. The Army’s final decision is expected to be announced in July.

EDITOR’S NOTE: Nineteen females began Ranger training and eight hopefuls remain eligible for the next phase. The eight females and 101 males were recycled through the Camp Darby phase last month. 🇺🇸



Sgt. 1st Class Elizabeth Bushen prepares for Army Ranger Training Battalion day six of 19 with the 6th Ranger Training Battalion, Camp James Rudder, Eglin Air Force Base, Fla. Day six involves air assault and field exercise training. Since her selection as Observer/Advisor in February, Bushen has played a significant role in supporting three all male classes to date and her unwavering support continues. (Photo by Sgt. 1st Class Jason Jenkins/NCO-Academy, Fort McCoy)

83rd USARRTC Soldiers save a life

Story by Lt. Col. DEBBIE LIPSCOMB
83rd USARRTC

CAMP PARKS, DUBLIN, Calif. – Staff Sgt. Andrew Hickman and Sgt. Stephen McAdams did not know their Army trained skills of administering cardiopulmonary resuscitation would become necessary, and that they would save the life of a fellow citizen the evening of March 28.

While bowling in the local town of Tracy, a fellow bowler began experiencing a life threatening medical emergency.

Hickman and McAdams quickly sprang into action and assessed the patient's medical needs in the lane next to them.

"When we realized Mr. Nunez was lying on the ground we felt that there was something seriously wrong and instinctively took action to assess the situation," said Hickman.

When both determined the

patient was not breathing and no pulse rate could be established, they immediately began performing CPR chest compressions. This continued for about five minutes until emergency responders arrived on the scene.

"Training that we received in the military really played a part in helping us stay calm and control the situation until advanced life support arrived on the scene," said McAdams.

Once on the scene, emergency responders took over and performed the necessary advanced life support procedures to revive Nunez.

Afterwards, the Nunez regained a pulse and began breathing again. Upon reaching the hospital, the Nunez was coherent and able to speak with medical personnel aiding in his care.

"It is our professional opinion that Mr. Hickman and Mr. McAdams' actions of performing bystander CPR, directly contributed not only to the patient's survival but his positive outcome," said Steven Bliss, Fire Captain/Paramedic Coordinator. "It is through the selfless efforts of responsible citizens such as Andrew and Stephen that exemplify what makes a community great."

A few days later following the medical emergency, Mr. Nunez's son was extremely grateful and informed the South County Fire Authority his father received a quadruple bypass and was expected to make a complete recovery.

"When we found out later that he survived it was an overwhelming feeling of relief that he was going to be able to be with his loved ones," said McAdams. 🇺🇸



Sgt. Stephen McAdams and Staff Sgt. Andrew Hickman, right, experienced in reality the meaning of the words "SERVICE ABOVE SELF" as shown in the picture above them when their Army training skills were put to the test. On March 28, 2015, while bowling in the local town of Tracy, Calif., the two noncommissioned officers sprang into action to aid and save the life of another bowler lying on the floor not breathing and without a pulse. (Photo by Sgt. 1st Class Robert Thompson/NCO-Academy Camp Parks)



Antiterrorism Active Shooter Community Response



ARMY
STRONG®



Coping with an Active Shooter

- Be aware of your environment & possible dangers
- Take note of the two nearest exits in any facility you visit
- If in an office at time of shooting, stay there & secure the door
- If in a hallway or common area, get into a room & secure the door
- As a last resort, attempt to disarm/disable the shooter

Evacuate • Hide • Take Action



Always Ready, Always Alert
Because someone is depending on you



<https://www.us.army.mil/suite/page/605757>